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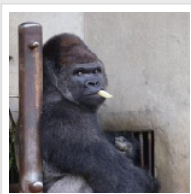
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Wrist & Forearms

Tags

Wrist & Forearms

Thread Modes



Machiavellian

Moderator



Posts: 456
Threads: 35
Joined: Jun 2015

06-29-2015, 05:18 PM (This post was last modified: 06-29-2015, 05:19 PM by Machiavellian.)

#1



Today I am going to talk about building bigger overall forearm mass, and more importantly how to really target that small amount of muscle just below the wrist. Some of this will be new to some, some of this will be a been there done that.

1. Order the Heavy Griprz or the Vulcan Grip

This is one of the simplest ways to up your forearms is just focusing on raw grip strength. Use these both right side up and upside down since the fingers on the bottom of the grip are providing a larger slack. One thing that happened from using these is my pinkies are still weak in the sense that they are pinkies, but are considerably strong for that and will pay off for #3 which is the goldmine for getting that area below the wrist thicker. Using grippers during the beginning had my hand sore everywhere working reps with the 150's, like that space between your finger through your palms was in pain the next day. Doing this on a strong test and nandrolone cycle may yield some finger and palm thickness gains. Years ago I read about a 17 year old (who I communicated with on same forum) who worked up to the 300lb grippers and said that it helped his arm wrestling (wanted to be competitive arm wrestler) and did a lot of different things to up his wrist size from a 6.5" to a 7.5" dom wrist, however I am dismissing grips as being able to make the actual wrist thicker.

NOW AVAILABLE IN 6 DIFFERENT STRENGTHS!

- Heavy Grip 100 - 100lbs for beginners, women, young athletes and warm-ups.
- Heavy Grip 150 - 150lbs : Intermediate
- Heavy Grip 200 - 200lbs : Advanced
- Heavy Grip 250 - 250lbs : Professional
- Heavy Grip 300 - 300lbs : The "Gripper King"
- Heavy Grip 350 - 350lbs : The "Grip Monster"



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2. Order Fat Gripz and Fat Gripz Extreme

These are so you have a wider hand grip to put over a bar. First instinct might tell you this is all for pulling but your wrong. Try doing curls with these and it is like the bar is trying to pry your hands open during the rep, your forearms get blasted during dumbbell flys. Another thing i use them during presses too. This is one trick to make the muscles right below the wrist grow is that while your hand is wider and closer to open, those muscles right below the wrist are more activated in balancing and stabilizing. It will be hard but try and use the regular fat gripz for pulling and get the fat gripz extreme for the pushing and everything else.



3. Wrist Rotation

This is the neglected thing nobody does for forearms cause people often don't see a reason why it helps other gym lifts. Most people do a pointless rotation workout where they hold a dumbbell and spin it which not many do in the first place. There is only one simple wrist rotation exercise I know otherwise you need to get inventive. The first one is in the video below, however this is missing something and that is the wider grip that fat gripz provide. Try an experiment. Put one fist in front of you and your other hand catching the fist, wrap you open hand around that fist and try to spider your fingers around it, and now rotate the fist in both directions with the gripping hand while the fist hand resist. This rotation done with the wider grip and spread out fingers does wonders to target these muscles below the wrist, getting that thinnest part of the forearm bulked up.

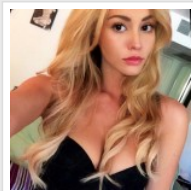


I have yet to find a more efficient way to do rotation short of doing something like a wrist roller contraption on some random bar or pole with a door knob like object super glued on one end of the pole, this did not hold forever. Need a high quality metal knob or handle and a welding torch.

You can still do wrist curls, reverses, dead hangs, etc. Just consider incorporating all of this into your forearm and wrist routine

Find

Reply



purps drank

Super Moderator

Posts: 1,806
Threads: 67
Joined: Jun 2015

Find

06-29-2015, 06:41 PM

#2

Wow, super legit. Going to start doing all of these things once I start gymceling again next week. Thanks for the info.

Reply

MistGeburt3000

Brutus Brutalos

Posts: 3,623
Threads: 250
Joined: Jun 2015

Find

06-29-2015, 07:00 PM

#3

Good work buddy.

Reply

Nizoral Babe

Colez Biker Gang



Posts: 476
Threads: 13
Joined: Jun 2015

06-30-2015, 01:18 AM (This post was last modified: 07-02-2015, 01:43 AM by Nizoral Babe.)

#4

Sick post. I've seen those devices but never tried them. I've always done standing barbell holds with a thick bar.

Pyramid supersetting as such;

Warm up stand alone bar (squeezing hard) 30 seconds

Warm up 40% for 10 seconds

Warm up 60% for 15 seconds

Work set 80% until failure

Work set 100% until failure (even if it's only 3 seconds)

Drop set 90% until failure
Drop set 80% until failure
Drop set 70% until failure
Repeat until 30% and then finished

Do this with an overhand grip and then repeat with an underhand grip. Go as WIDE as you can, comfortably.

The next exercise I do is very similar but with dumbbells. This bothers some people's wrists, so I recommend going light. Basically you want to take an underhand grip, raise your arms in front of you and off to the sides. I always tell people to think you're going Super Saiyan because that's exactly what it looks like and you will feel like it too!

Same routine as above but do NOT go above 60%. Don't ego lift this and go heavy - it's a resistance exercise. Resist gravity for as long as possible, you'll feel your entire body working during these exercises.



Currently my wrists are at 7" at the base of the palm, 7.5" an inch below that and just under 13" forearms.

German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"People demand freedom of speech as a compensation for the freedom of thought, which they seldom use."

"Wise men speak because they have something to say; fools because they have to say something."

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Reply

Posts: 627
Threads: 37
Joined: Jun 2015

Find

Reply

**sub8 life**

Member



Posts: 190
Threads: 25
Joined: Jun 2015

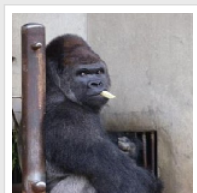
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06-30-2015, 12:01 PM

#6

You don't need any fancy equipment to train grip, just regular static holds with a barbell in the gym is enough. I have those hand grippers, they are effective but I can't use them because I start getting carpal tunnel after using them for a while. When I train the grip I train it statically without range of motion, this puts less stress on the joints.

Reply

**Machiavellian**

Moderator



Posts: 456
Threads: 35
Joined: Jun 2015

Find

06-30-2015, 09:47 PM

#7

sub8 life Wrote:

(06-30-2015, 12:01 PM)

You don't need any fancy equipment to train grip, just regular static holds with a barbell in the gym is enough. I have those hand grippers, they are effective but I can't use them because I start getting carpal tunnel after using them for a while. When I train the grip I train it statically without range of motion, this puts less stress on the joints.

The grips make a viable option to do anywhere, and it is particularly useful for making the ring and pinky fingers stronger to spread your grip strength through the entire hand, this pays off on the wrist rotation later

My threads:

- Forearm & Wrist [routine](#)

Other good reads:

- Red Pill on Personality: [Physiognomy](#)- Neck Training [routine](#)

Call to looksmakers. Help me out with my [bone remodeling research](#) thread. Taking mewing, maxilla advancement, and ramus length to a new level.

Reply

**JustLOL**

Colez Biker Gang



Posts: 205
Threads: 27
Joined: Jun 2015

07-01-2015, 03:46 AM

#8

@Nerzhus did you actually increased your wrist size from lifting?

StrongHate

Nizoral Babe

Colez Biker Gang

Posts: 476
Threads: 13
Joined: Jun 2015

Find

JustLOL Wrote:

(07-01-2015, 03:46 AM)

@Nerzhus did you actually increased your wrist size from lifting?

I did. I used to have small forearms, like 11.5" or less before I started lifting. I only did heavy deadlifts, heavy rows, heavy shrugs and dumbbell work (lawn mowers, curls, etc). But the holds are legit the best way to grow forearms, imo.

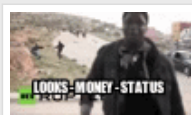
German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"People demand freedom of speech as a compensation for the freedom of thought, which they seldom use."

"Wise men speak because they have something to say; fools because they have to say something."

Reply

**heilsa**

Looks Expert



BIRD

Posts: 2,807
Threads: 90
Joined: Jun 2015

07-02-2015, 05:32 PM

#10

Op what is your opinion on wrist rollers?

Facial Aesthtetic Handbook: <http://lookism.net/showthread.php?tid=228>How the Hyoid Bone determines your profile: <http://lookism.net/showthread.php?tid=448>Check you vitamin d: <http://lookism.net/showthread.php?tid=3610>daily reminder about body: <http://lookism.net/showthread.php?tid=3328>why surgery isnt worth it: <http://lookism.net/showthread.php?tid=8245>**Quote:**

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sub0
Member



Posts: 83
Threads: 12
Joined: Jul 2015

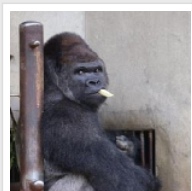
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07-02-2015, 10:49 PM

#11

What about that story that wrists are just ligament and bone and can't be made bigger like muscle or fat?

Reply



Machiavellian
Moderator



Posts: 456
Threads: 35
Joined: Jun 2015

07-03-2015, 01:02 AM

#12

sub0 Wrote:

(07-02-2015, 10:49 PM)

What about that story that wrists are just ligament and bone and can't be made bigger like muscle or fat?

[Image: ds01003_ds00971_im02621_mcdc7_carpal_bones_jpg.ashx]

The epiphysis (end of long bone) of the forearms is largely what determines wrist size (check ulna and radius in the above pic). Tendons and ligaments connect to these and the tension might promote the bones to grow thicker but I wouldn't expect that 17 y/o to gain an inch in wrist thickness from just the heavy grips. There is more evidence that heavy bench pressing promotes thick wrist, but this might only be promising while still growing. Look at this bodybuilder for example, forearm shape indicates he he doesn't even try working his forearms besides needed grip for his compound lifts, or just has shitty forearm muscle insertions and thin wrist.



ULISSES JR.™
Photo Credit: Eve Simon



My threads:

- Forearm & Wrist [routine](#)

Other good reads:

- Red Pill on Personality: [Physiognomy](#)

- Neck Training [routine](#)

Call to looksmaxers. Help me out with my [bone remodeling research](#) thread. Taking mewing, maxilla advancement, and ramus length to a new level.

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sub0
Member



Posts: 83
Threads: 12
Joined: Jul 2015

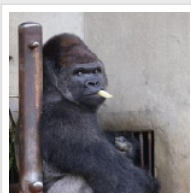
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07-03-2015, 03:33 PM

#13

I'm 30, exactly where would I have gains using your exercises? What if roids are used?

Reply



Machiavellian
Moderator



Posts: 456
Threads: 35
Joined: Jun 2015

Find

07-04-2015, 06:26 AM

#14

sub0 Wrote:

(07-03-2015, 03:33 PM)

I'm 30, exactly where would I have gains using your exercises? What if roids are used?

I'm not about to claim that these added to your workout will make your wrist its self thicker, but you will finally fill that area I was mentioning which will make a difference in your forearm look.

The two arrows are marking the wrist I mentioned before, take the area of that wrist going to the red line and thicken that entire space, that is what benching with Fat Gripz and incorporating wrist rotation will improve for sure.

If you want to cycle than Deca will be very good since it helps joints a lot and may get you through more workouts without wrist pains you would otherwise need to slow down for. Test and Deca are both documented for bone mass as well.

I still suggest working grip strength, tight grip will tighten your wrist to stabilize the area during the rotation. When straight bar reverse curls is hurting my wrist it is a reminder to squeeze the fuck out of the bar even if it isn't needed. Weights I couldn't even touch before I can handle no problem now cause I listened to my wrist while getting them stronger. Even with all that my wrist its self is still not wider. Only thing to do now is run a 12 week test and deca cycle eventually. Either I finally get the wrist thicker or I get the muscles right below it really jacked. The muscles alone WILL make a difference. Think of it as neck putting a halo on your face.

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Other good reads:

- Red Pill on Personality: [Physiognomy](#)

- Neck Training [routine](#)

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Reply

sub0
Member



07-04-2015, 04:22 PM

#15

Thanks. What if I stop training after getting gains: will I lose muscle?



Find

Reply

Nizoral Babe

Colez Biker Gang

Posts: 476
Threads: 13
Joined: Jun 2015

07-04-2015, 04:36 PM

#16

Machiavellian Wrote:

(07-03-2015, 01:02 AM)

sub0 Wrote:

(07-02-2015, 10:49 PM)

What about that story that wrists are just ligament and bone and can't be made bigger like muscle or fat?

[Image: ds01003_ds00971_im02621_mcdc7_carpal_bones_jpg.ashx]

The epiphysis (end of long bone) of the forearms is largely what determines wrist size (check ulna and radius in the above pic). Tendons and ligaments connect to these and the tension might promote the bones to grow thicker but I wouldn't expect that 17 y/o to gain an inch in wrist thickness from just the heavy grips. There is more evidence that heavy bench pressing promotes thick wrist, but this might only be promising while still growing. Look at this bodybuilder for example, forearm shape indicates he he doesn't even try working his forearms besides needed grip for his compound lifts, or just has shitty forearm muscle insertions and thin wrist.



benching and doing some wrist rotation which as I said in the OP, no bodybuilder rotation

That's because they want to give the illusion of size. Small wrists, yet developed forearms, biceps and triceps is universally attractive because of the illusion of size. 17" arms look impressive when considering 6.5" wrists. If you have 7.5"+ wrists it's not AS impressive looking but still good. It's the same as small waist and wide shoulders.

Bodybuilding is essentially who can use the best smoke and mirrors to look good.

German--Irish--Mexican Aesthetics Crew

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"People demand freedom of speech as a compensation for the freedom of thought, which they seldom use."

"Wise men speak because they have something to say; fools because they have to say something."

Find

Reply

driftwood
Member



Posts: 171
Threads: 24
Joined: Jul 2015

Find

07-07-2015, 10:57 PM

#17

This is a little silly.

Pick up 2 65-80 pound dumbbells in each hand and simply hold them.

Trains the neck and forearms and shoulders

Reply

Nizoral Babe
Colez Biker Gang



Posts: 476
Threads: 13
Joined: Jun 2015

Find

07-07-2015, 11:12 PM

#18

driftwood Wrote:

(07-07-2015, 10:57 PM)

This is a little silly.

Pick up 2 65-80 pound dumbbells in each hand and simply hold them.

Trains the neck and forearms and shoulders

Basically what I said, lol. TRUTH!

German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"People demand freedom of speech as a compensation for the freedom of thought, which they seldom use."

"Wise men speak because they have something to say; fools because they have to say something."

Reply

Chris Hemsworth
Senior Member



Posts: 361
Threads: 40
Joined: Jul 2015

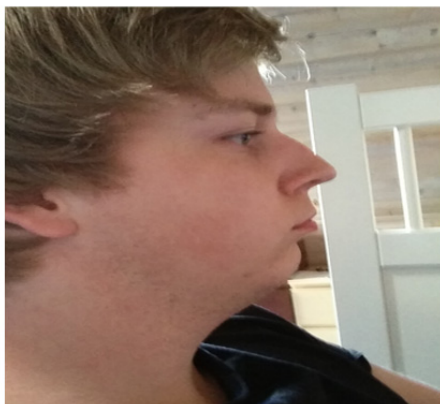
07-18-2015, 12:09 PM

#19

Legit. This workout routine+steroids and wrist fat grafting=LIFE.

Women aren't visual like men

Just be alpha!



Find

Reply



furio
Member



Posts: 160
Threads: 35
Joined: Jul 2015

Find

07-26-2015, 02:55 AM

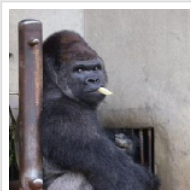
#20

What about barbell forearm curls?

[Image: sopranos22.jpg]

*she had never seen eyes so full of anger
I think we're compatible, I see that you think I'm wrong
But anytime will do, my love*

Reply



Machiavellian
Moderator



Posts: 456
Threads: 35
Joined: Jun 2015

Find

07-26-2015, 06:22 AM

#21

furio Wrote:

(07-26-2015, 02:55 AM)

What about barbell forearm curls?

It's pretty basic, feel free to do them. I mainly made the thread to emphasize 2. and 3. which a lot of people don't, with 1. showing grippers as a convenient way for grip strength.

My threads:

- Forearm & Wrist **routine**

Other good reads:

- Red Pill on Personality: **Physiognomy**

- Neck Training **routine**

Call to looksmaxers. Help me out with my **bone remodeling research** thread. Taking mewing, maxilla advancement, and ramus length to a new level.

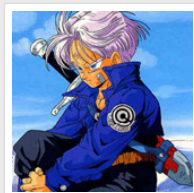
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Lookhere
Newbie

09-07-2015, 10:18 PM

#22

Can't you do number 3 with a sledge hammer and like a towel wrapped around it to thicken up the grip? Like this <https://www.youtube.com/watch?v=vICanQ5Fn70>

**Trunks**

Newbie

 Posts: 18
 Threads: 1
 Joined: Sep 2015

Find

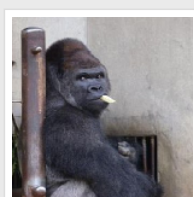
09-11-2015, 10:00 PM

#23

I have a nsd powerball that I use because I spend too much time on the pc, but this ball can build some muscle

I also do chin ups and deadlift with reverse grip for the forearms

Reply

**Machiavellian**

Moderator


 Posts: 456
 Threads: 35
 Joined: Jun 2015

Find

09-13-2015, 07:15 AM

#24

Lookhere Wrote:

(09-07-2015, 10:18 PM)

Can't you do number 3 with a sledge hammer and like a towel wrapped around it to thicken up the grip? Like this <https://www.youtube.com/watch?v=vlCanQ5Fn70>

It's an option I forgot about. I found the kettlebell one to be pretty good but is not the most all around efficient option. The sledge hammer one would be more practical for most people to do. Problem is I feel like it may be arthritis prone in the way how gripping it is uneven within the palm. The kettlebell method lets you brace or the entire motion and relieve this pressure you feel as the handle is pushing against the palm on one end while pulling away on the other.

I also found that holding a trash bag in a similar way works well since the material is able to fold over the side of your hand. Been thinking of rigging a rope with weights and rotating that for the wider grip but a thick enough rope to be ideal will be to thick to fully fold over. I just need to take the plunge and order a rope. I am thinking one with the right thickness to put a fat grip over which I would secure with gorilla glue and a nub at the end much like those cable pulley ropes. Those roles with the nubs already on would be ideal for the fat grips idea.

My threads:

- Forearm & Wrist [routine](#)

Other good reads:

- Red Pill on Personality: [Physiognomy](#)- Neck Training [routine](#)

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Reply

monkeyd

Newbie

 Posts: 5
 Threads: 1
 Joined: Oct 2015

Find

11-05-2015, 07:50 PM

#25

So its been a couple of months since you posted this OP? What are your results? Is it legit?

Reply

Satanas

Newbie

 Posts: 28
 Threads: 7
 Joined: Sep 2015

11-08-2015, 12:18 AM

#26

not sure if srs

those grippers wont help at all, and is a nice way to fuck up your hand, get tendoonitis

monkeyd

Newbie

Posts: 5

Threads: 1

Joined: Oct 2015

Find

11-08-2015, 01:32 PM

#27

I play guitar and you are true with that, but I think grippers actually prevent tendonitis.

Reply

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